

ABSTRACT

A fiber is provided wherein the fiber contains an energy receptive additive. The
5 fiber provides rapid heating when subjected to dielectric energy such as radio frequency
or microwave radiation. The energy receptive additive has a dielectric loss of between
about 0.5 and 15, preferably between 1 and 15 and most preferably between 5 and 15.
The fibers may be crimped, extensible or elastic.